

UC-NRLF



B 3 653 795

UNIT

ADMINISTRATION

Director General of Railroads

RA
615
U5

1920

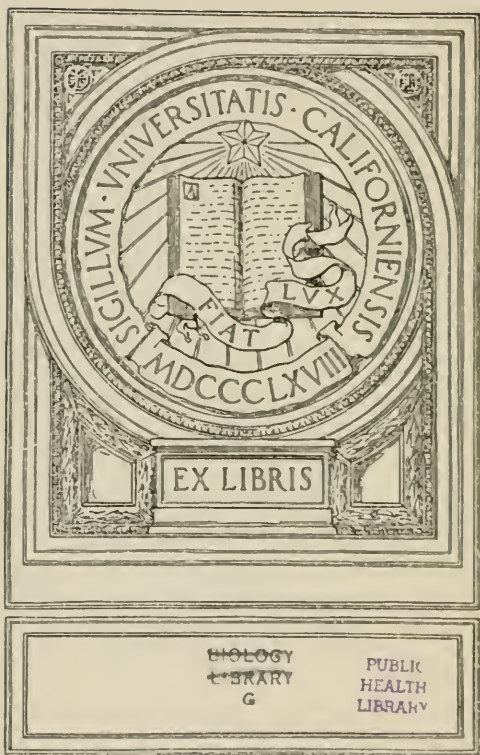
RAILWAY SANITARY CODE



Issued by the
**COMMITTEE ON HEALTH
AND MEDICAL RELIEF**



WASHINGTON
GOVERNMENT PRINTING OFFICE
1920



BIOLOGY
LIBRARY
G

PUBLIC
HEALTH
LIBRARY

UNITED STATES RAILROAD ADMINISTRATION

Director General of Railroads

RAILWAY SANITARY CODE



Issued by the
COMMITTEE ON HEALTH
AND MEDICAL RELIEF



WASHINGTON
GOVERNMENT PRINTING OFFICE

1920

TR 615
U5

CONTENTS.

PUBLIC ~~HEALTH~~ ~~LIBRARY~~
HEALTH ~~LIBRARY~~
LIBRARY G

	Page.
I. Transportation of persons having communicable diseases.....	5
Persons not allowed to travel.....	5
Persons not accepted for travel.....	6
Restricted travel.....	6
Typhoid and dysentery.....	7
Restricted application for transportation.....	8
Suspected cases.....	8
Disposition.....	9
Leprosy.....	9
Pulmonary tuberculosis.....	10
Conveyances vacated by infected persons.....	10
II. Water and ice supplies.....	11
Water to be certified.....	11
Ice.....	11
Water containers.....	12
Care of water containers.....	12
Filling water containers.....	12
III. Cleaning and disinfection of cars.....	12
General.....	12
Cleaning.....	13
Thorough cleaning.....	13
Odors in cars.....	13
Vermis in cars.....	13
IV. Cars in service.....	13
Cleaning.....	13
Sweeping.....	13
Dusting.....	14
Brushing.....	14
Drinking cup.....	14
Towels.....	14
Comb and brush.....	14
Spitting.....	14
Cuspidors.....	14
Brushing of teeth.....	14
Drinking water and ice.....	14
Ventilation and heating.....	14
Toilets in dining cars.....	14
Toilets in other cars.....	15
Toilets to be locked.....	15
Dining cars to be screened.....	15
Dining-car employees to cleanse hands.....	15
Care of tableware.....	15
Food containers.....	15
Food and milk.....	16
Garbage.....	16
Dining-car inspection.....	16
Examination of food handlers.....	16

	Page.
V. Railway stations	17
General	17
Cleaning	17
Sweeping	17
Dusting	17
Spitting	17
Cuspidors	17
Common cups	17
Common towels	17
Combs and brushes	17
Toilet facilities	17
Station toilets	18
Care of toilets	18
Odors in toilets	18
Toilet supplies	18
Privies	18
Drinking water and ice	18
Water not usable for drinking	19
Drinking fountains	19
Refuse cans	19
Cisterns, cesspools, etc	19
Restaurants to be screened	19
Lavatories for restaurants	19
Restaurant employees	20
Kitchen and table utensils	20
Food containers	20
Garbage	20
Restaurant inspection	20
Station inspection	20
Examination of food handlers	21
VI. Construction camps	21
Definition	21
General	21
Location	22
Arrangement	22
Water supplies	22
Water containers	22
Garbage and refuse	22
Scavenger	23
Toilets	23
Bathing facilities	23
Screening	23
Care of tableware	23
Food containers	23
Food and milk	23
Examination of food handlers	24
Sick persons	24
Vermin	24
Abandoned camps	24
Duty to enforce regulations	25
VII. Offices	25
Definition	25
Space	25
Ventilation, heat, and light	25

VII. Offices—Continued.

Page.

Cleaning.....	25
Window cleaning.....	26
Telephones.....	26
Spitting.....	26
Cuspidors.....	26
Toilets.....	26
Care of toilets.....	26
Toilet supplies.....	26
Common towels.....	27
Combs and brushes.....	27
Common cups.....	27
Drinking water and ice.....	27
Drinking fountains.....	27
Lockers.....	27
Rest rooms.....	27
Communicable diseases.....	28

VIII. Shops.....

Toilet facilities.....	28
Type of water-closets.....	28
Closet inclosures.....	28
Windows in toilet rooms.....	29
Equipment of closets.....	29
Type of urinals.....	29
Care of closets and urinals.....	29
Number of closets and urinals.....	29
Location of closets and urinals.....	29
Privies.....	30
Wash rooms and lockers.....	30
Type of wash-room fixtures.....	30
Finish of wash floors.....	30
Lockers.....	31
Bathing facilities.....	31
Caretakers.....	31
Lighting.....	31
Water supplies.....	31
Drinking fountains.....	32
Common cups.....	32
Common towels.....	32
Rest rooms.....	32
Communicable diseases.....	32

RAILWAY SANITARY CODE.

The committee found a great lack of uniformity within the several States and among the various railroads on the subject of sanitary regulations, and as a result of this lack of uniformity there was created much confusion and many obstacles to successful operation. In many adjoining States conflicting regulations made it difficult to carry out instructions. This matter was brought to the attention of the State and Territorial health officers, and the committee was asked to submit a draft to them. The following code is an expression of the work of the committee. This has been approved by the Director General as recommendatory practice for the railroads, and has been approved by Surg. Gen. Blue of the United States Public Health Service.

TREASURY DEPARTMENT,
BUREAU OF THE PUBLIC HEALTH SERVICE,
Washington, December 5, 1919.

Dr. D. Z. DUNOTT, M. D.,

United States Railroad Administration, Washington, D. C.

MY DEAR DOCTOR DUNOTT: I have examined the proposed railway sanitary code, and I desire to congratulate the committee on the excellent provisions contained therein.

I have no hesitancy in giving my approval in view of the fact that they conform to the existing interstate quarantine regulations, but this approval is contingent upon future modification of your code to conform to contemplated changes in the interstate quarantine regulations.

Respectfully,

(Signed)

RUPERT BLUE,
Surgeon General.

I. TRANSPORTATION OF PERSONS HAVING COMMUNICABLE DISEASES.

SECTION 1. Persons not allowed to travel.—No person knowing or suspecting himself to be afflicted with

plague, cholera, smallpox, typhus fever, or yellow fever shall apply for, procure, or accept transportation in any railway train, car, or other conveyance of a common carrier, nor shall any person apply for, procure, or accept such transportation for any minor, ward, patient, or other person under his charge if known or suspected to be so afflicted.

SEC. 2. Persons not accepted for travel.—Common carriers shall not accept for transportation in any railway train, car, or other conveyance any person known by them to be afflicted with any of the diseases enumerated in section 1.

SEC. 3. Restricted travel.—Common carriers shall not accept for transportation on any railway train, car, or other conveyance any person known by them to be afflicted with diphtheria, measles, scarlet fever, epidemic cerebrospinal meningitis, anterior poliomyelitis, mumps, whooping cough, influenza, pneumonia, epidemic encephalitis, septic sore throat, rubella, or chicken pox, or any person known to be a carrier of these diseases, unless such person is placed in a compartment separate from other passengers, is accompanied by a properly qualified nurse or other attendant, and unless such nurse or attendant shall agree to comply and does so comply with the following regulations:

(a) Communication with the compartment within which the patient is traveling shall be restricted to the minimum consistent with the proper care and safety of the patient.

(b) All dishes and utensils used by the patient shall be placed in a 5 per cent solution of carbolic acid or other fluid of equivalent disinfecting value for at least one hour after they have been used and before being allowed to leave the compartment.

(c) All sputum and nasal discharges from the patient shall be received in gauze or paper, which shall be

deposited in a paper bag or in a closed vessel, and shall be destroyed by burning.

(d) Said nurse or attendant shall, after performing any service to the patient, at once cleanse the hands by washing them in a 2 per cent solution of carbolic acid or other fluid of equivalent disinfecting value.

SEC. 4. Typhoid and dysentery.—Common carriers shall not accept for transportation on any railway train, car, or other conveyance any person known by them to be afflicted with typhoid fever, paratyphoid fever, or dysentery, unless said person is placed in a compartment separate from other passengers, is accompanied by a properly qualified nurse or other attendant, and unless said nurse or attendant shall agree to comply and does so comply with the following regulations:

(a) Communication with the compartment in which the patient is traveling shall be limited to the minimum consistent with the proper care and safety of the patient.

(b) All dishes and utensils used by the patient shall be placed in a 5 per cent solution of carbolic acid or other fluid of equivalent disinfecting value for at least one hour after they have been used and before being allowed to leave the compartment.

(c) All urine and feces of the patient shall be received into a 5 per cent solution of carbolic acid or other fluid of equivalent disinfecting value, placed in a covered vessel and allowed to stand for at least two hours after the last addition thereto before being emptied.

(d) A sheet of rubber or other impervious material shall be carried and shall be spread between the sheet and the mattress of any bed that may be used by the patient while in transit.

(e) Said nurse or attendant shall use all necessary precautions to prevent the access of flies to the patient or his discharges, and after performing any service to the patient shall at once cleanse the hands by washing

them in a 2 per cent solution of carbolic acid or other fluid of equivalent disinfecting value.

(f) *Provided*, That if a person with typhoid or dysentery is presented at a railway station in ignorance of these regulations, and his transportation is necessary as a life-saving or safeguarding measure, an emergency may be declared and the patient may be carried a reasonable distance in a baggage car if accompanied by an attendant responsible for his care and removal: *Provided also*, That regulations (a), (b), (c), (d), and (e) of this section shall be complied with in so far as the circumstances will allow, and that all bedding, clothing, rags, or cloths used by the patient shall be removed with him: *And provided further*, That any parts of the car which have become contaminated by any discharges of the patient shall be disinfected at the end of the run by washing with a 5 per cent solution of carbolic acid or other fluid of equivalent disinfecting value.

SEC. 5. **Restricted application for transportation.**—No person knowing or suspecting himself to be afflicted with any of the diseases mentioned in sections 3 and 4 shall apply for, procure, or accept transportation in any railway train, car, or other conveyance of a common carrier, nor shall any person apply for, procure, or accept such transportation for any minor, ward, patient, or other person under his charge, if known or suspected to be so afflicted, unless he shall have agreed to and made all necessary arrangements for complying and does so comply with the regulations set forth in said sections 3 and 4.

SEC. 6. **Suspected cases.**—If a conductor or other person in charge of a railway train, car, or other conveyance of a common carrier, or an agent or other person in charge of a railway station, shall have any reason to suspect that a passenger or a person contemplating passage is afflicted with any of the diseases

enumerated in sections 1, 3, and 4, he shall notify the nearest health officer, or company physician if the health officer is not available, by the quickest and most practicable means possible, of his suspicion; and said health officer or physician shall immediately proceed to the train, car, or other conveyance at the nearest possible point, or to the railway station, to determine whether such disease exists.

SEC. 7. Disposition.—If the health officer or physician, as provided for in section 6, shall find any such person to be afflicted with any of the diseases enumerated in sections 1, 3, and 4, he shall remove such person from the station or conveyance, or shall isolate him and arrange for his removal at the nearest convenient point; shall treat the car or other conveyance as infected premises, allowing it to proceed to a convenient place for proper treatment if in his judgment consistent with the public welfare, in such case notifying the health officer in whose jurisdiction the place is located; and shall take such other measures as will protect the public health: *Provided*, That if not prohibited in sections 1 and 2 of these regulations the afflicted person so found may be allowed to continue his travel if arrangements are made to comply, and he does so comply, with the requirements of the section of these regulations pertaining to the disease with which he is afflicted.

SEC. 8. Leprosy.—Common carriers shall not accept for transportation nor transport in any railway train, car, or other conveyance any person known by them to be afflicted with leprosy, unless such person presents permits from the Surgeon General of the United States Public Health Service or his accredited representative, and from the State department of health of the States from which and to which he is traveling, stating that such person may be received under such restrictions as will prevent the spread of the disease, and said restric-

tions shall be specified in each instance; and no person knowing or suspecting himself to be afflicted with leprosy, nor any person acting for him, shall apply for, procure, or accept transportation from any common carrier unless such permits have been received and are presented, and unless the person so afflicted agrees to comply and does so comply with the restrictions ordered. If any agent of a common carrier shall suspect that any person in a train, car, or other conveyance, or at a railway station, is afflicted with leprosy, he shall proceed as directed in the case of other suspected diseases in sections 6 and 7 of these regulations.

SEC. 9.—**Pulmonary tuberculosis.**—Common carriers shall not accept for transportation any person known by them to be afflicted with pulmonary tuberculosis in a communicable stage unless said person is provided with (a) a sputum cup made of impervious material and so constructed as to admit of being tightly closed when not in use, (b) a sufficient supply of gauze, papers, or similar articles of the proper size to cover the mouth and nose while coughing or sneezing, (c) a heavy paper bag or other tight container for receiving the soiled gauze, paper, or similar articles; and unless such person shall obligate himself to use the articles provided for in the manner intended, and to destroy said articles by burning or to disinfect them by immersing for at least one hour in a 5 per cent solution of carbolic acid or other solution of equivalent disinfecting value; nor shall any person knowing himself to be so afflicted apply for, procure, or accept transportation unless he shall have agreed to and made all necessary arrangements for complying and does so comply with the regulations as set forth in this section.

SEC. 10. **Conveyances vacated by infected persons.**—Immediately after vacation by a person having any of the diseases mentioned in sections 1, 3, 4, and 8, or at the end of the trip on which such person was carried,

the car or other conveyance shall be thoroughly cleaned, and the blankets and linen used by such person shall be laundered.

II. WATER AND ICE SUPPLIES.

SEC. 11. **Water to be certified.**—Water provided by common carriers for drinking or culinary purposes in railway trains, cars, or other conveyances, or in railway stations, shall not be taken from a supply which is not certified as meeting the required standards of purity and safety from contamination prescribed by the Interstate Quarantine Regulations of the United States. Common carriers are required to forward semiannually a list of water supplies so used to the Surgeon General of the United States Public Health Service, Washington, D. C., and to the respective State departments of health having direct jurisdiction, requesting the issuance of certificates of examination permitting the use of the supplies enumerated. Such certificates when issued shall be kept in the files of the common carrier during the current period in force. The issuance of a certificate unfavorable to the use of a supply forbids its further use for drinking and culinary purposes until favorably certified. A favorable certificate must also be secured permitting the use of any supplies substituted for such condemned supplies.

Melted natural ice used as water supply for drinking and culinary purposes must be from sources of known safety and covered by certificates of examination similar to those required for water supply for drinking and culinary purposes used in interstate traffic, and such ice must be so melted as to prevent subsequent contamination.

SEC. 12. **Ice.**—Ice used for cooling water provided as in section 11 shall be clear natural ice, ice made from distilled water, or ice made from water certified as aforesaid; and before the ice is put into the water it

shall be washed with water of known safety, and handled in such manner as to prevent its becoming contaminated by the organisms of infectious diseases: *Provided*, That the foregoing shall not apply to ice that does not come in contact with the water to be cooled.

SEC. 13. **Water containers.**—Water containers in newly constructed cars and those newly installed in stations shall be so constructed that ice for cooling does not come in contact with the water to be cooled: *Provided*, That after July 1, 1922, all water containers in cars and stations shall be so constructed that ice does not come in contact with the water.

SEC. 14. **Care of water containers.**—All water containers where water and ice are put into the same compartment, shall be thoroughly cleansed at least once in each week that they are in use. All water containers and water storage tanks shall be thoroughly drained and flushed at intervals of not more than one month. All water containers shall, whenever practicable, be disinfected at intervals of not more than one month; and similar disinfection shall, whenever practicable, be made of water storage tanks.

SEC. 15. **Filling water containers.**—Portable hose or tubing that is used for filling drinking-water containers, or car storage tanks from which such containers are filled, shall have smooth metal nozzles which shall be protected from dirt and contamination; and before the free end or nozzle of said hose or tubing is put into the water container or car storage tank it shall be flushed and washed by a plentiful stream of water.

III. CLEANING AND DISINFECTION OF CARS.

SEC. 16. **General.**—All railway passenger cars or other public conveyances shall be kept in a reasonably clean and sanitary condition at all times when they are in service, to be insured by mechanical cleaning at terminals and lay-over points.

SEC. 17. Cleaning.—All day coaches, parlor cars, buffet cars, dining cars, and sleeping cars shall be brushed, swept, and dusted at the end of each round trip, or at least once in each day they are in service, and shall be thoroughly cleaned at intervals of not more than seven days.

SEC. 18. Thorough cleaning.—Thorough cleaning shall consist of scrubbing the exposed floors with soap and water; similarly scrubbing the toilets and toilet-room floors; wiping down the woodwork with moist or oiled cloths; thorough dusting of upholstery and carpets by beating and brushing, or by means of the vacuum process or compressed air; washing or otherwise cleaning windows; and the thorough airing of the car and its contents.

SEC. 19. Odors in cars.—When offensive odors appear in toilets or other parts of the car which are not obliterated and removed by cleaning as in section 18, said toilets or other parts of the car shall be treated with a 1 per cent solution of formaldehyde or other odor-destroying substance.

SEC. 20. Vermin in cars.—Whenever a car is known to have become infested with bedbugs, lice, fleas, or mosquitoes, such car shall be so treated as to effectively destroy such insects, and it shall not be used in service until such treatment has been given.

IV. CARS IN SERVICE.

SEC. 21. Cleaning.—The cleaning of cars while occupied shall be limited to the minimum consistent with the maintenance of cleanly conditions, and shall be carried out so as to cause the least possible raising of dust or other annoyance to passengers.

SEC. 22. Sweeping.—Dry sweeping of the interior of a car in transit with an ordinary broom is prohibited.

SEC. 23. Dusting.—Dry dusting of the interior of a car in transit is prohibited.

SEC. 24. Brushing.—The brushing of passengers' clothing in the body of the car in transit is prohibited.

SEC. 25. Drinking cup.—Individual drinking cups in sufficient number shall be supplied in all cars, and the use of common drinking cups is prohibited.

SEC. 26. Towels.—The supplying of roller towels or other towels for common use in cars is prohibited.

SEC. 27. Comb and brush.—The supplying of combs and brushes for common use in cars is prohibited.

SEC. 28. Spitting.—Spitting on the floors, carpets, walls, or other parts of cars by passengers or other occupants of them is prohibited.

SEC. 29. Cuspidors.—An adequate supply of cuspidors shall be provided in all sleeping cars, smoking cars, and smoking compartments of cars while in service. Said cuspidors shall be cleaned at the end of each trip, and oftener if their condition requires.

SEC. 30. Brushing of teeth.—Spitting into or brushing the teeth over wash basins in cars is prohibited. Separate basins for brushing the teeth shall be provided in the wash rooms of sleeping cars.

SEC. 31. Drinking water and ice.—Drinking water and ice on railway car shall be supplied in accordance with the conditions set forth in sections 11, 12, 13, 14, and 15 of these regulations.

SEC. 32. Ventilation and heating.—All cars when in service shall be provided with an adequate supply of fresh air, and in cold weather shall be heated so as to maintain comfort. When artificial heat is necessary, the temperature should not exceed 70° F., and in sleeping cars at night after passengers have retired it should not exceed 60° F.

SEC. 33. Toilets in dining cars.—A proper toilet room and lavatory shall be provided in all dining cars for the use of dining-car employees, and the same shall

be supplied with toilet paper, soap, and clean towels, and shall be kept in a clean and sanitary condition. Such toilet room shall have no direct connection with the kitchen, pantry, or other place where food is prepared.

SEC. 34. Toilets in other cars.—A proper toilet room and lavatory shall be provided in all railway passenger cars, express cars, mail cars, and baggage cars for the use of their occupants. Such toilet shall be supplied with toilet paper, soap, and free or pay clean towels, and shall be kept in a clean and sanitary condition.

SEC. 35. Toilets to be locked.—The toilet rooms in all railway cars shall be locked or otherwise protected from use while trains are standing at stations, passing through cities, or passing over watersheds draining into reservoirs furnishing domestic water supplies, unless adequate water-tight containers are securely placed under the discharge pipe.

SEC. 36. Dining cars to be screened.—Dining cars shall be screened against the entrance of flies and other insects, and it shall be the duty of dining-car employees to destroy flies or other insects that may gain entrance.

SEC. 37. Dining-car employees to cleanse hands.—Dining-car employees shall thoroughly cleanse their hands by washing with soap and water after using a toilet or urinal, and immediately before beginning service.

SEC. 38. Care of tableware.—All cooking, table, and kitchen utensils, drinking glasses, and crockery used in the preparation or serving of food or drink in dining cars shall be thoroughly washed in boiling water and suitable cleansing material after each time they are used.

SEC. 39. Food containers.—Refrigerators, food boxes or other receptacles for the storing of fresh food in

dining and buffet cars shall be emptied and thoroughly washed with soap and hot water and treated with a 1 to 3,000 solution of permanganate of potash or other approved deodorant at least once in each seven days that they are in use.

SEC. 40. Food and milk.—No spoiled or tainted food, whether cooked or uncooked, shall be served in any dining car; and no milk or milk products shall be served unless the milk has been pasteurized or boiled.

SEC. 41. Garbage.—Garbage cans in sufficient number, and with suitable tight-fitting covers, shall be provided in dining cars to care for all refuse food and other wastes; and such wastes shall not be thrown from the car along the right of way.

SEC. 42. Dining-car inspection.—The chief of the dining car shall be responsible for compliance with all dining-car regulations, and he shall make an inspection of the car each day for the purpose of maintaining a rigorous cleanliness in all portions thereof.

SEC. 43. Examination of food handlers.—No person shall be employed as a cook, waiter, or in any other capacity in the preparation or serving of food in a dining car who is known or suspected to have any dangerous communicable disease; and all persons so employed shall undergo a physical examination by a competent physician before being assigned to service, and before returning to work after any disabling illness, to determine their freedom from such diseases, and shall be immediately relieved from service if found to be so afflicted. There shall be a monthly medical inspection for dangerous communicable diseases. To determine persons afflicted with, or carriers of, typhoid fever, tuberculosis, dysentery, diphtheria, streptococcic sore throat, scarlet fever, gonorrhea, syphilis, etc., a laboratory examination shall be made if necessary.

V. RAILWAY STATIONS.

SEC. 44. General.—All railway stations, including their waiting rooms, lunch rooms, restaurants, wash rooms, and toilets, shall be kept in a clean and sanitary condition at all times, to be insured by mechanical cleaning at regular intervals.

SEC. 45. Cleaning.—All waiting rooms and other rooms used by the public shall be swept and dusted daily; and at intervals of not more than seven days the floors shall be scrubbed with soap and water, and the seats, benches, counters, and other woodwork shall be similarly scrubbed, or shall be rubbed down with a cloth moistened with oil.

SEC. 46. Sweeping.—If sweeping is done while rooms are occupied or open to occupancy by patrons, the floor shall be first sprinkled with wet sawdust or other dust-absorbing material.

SEC. 47. Dusting.—If dusting is done while rooms are occupied or open to occupancy by patrons, it shall be done only with cloths moistened with water, oil, or other dust-absorbing material.

SEC. 48. Spitting.—Spitting on the floors, walls, seats, or platforms of railway stations is prohibited.

SEC. 49. Cuspidors.—In all waiting rooms where smoking is permitted an adequate supply of cuspidors shall be provided; such cuspidors shall be cleaned daily, and oftener if their condition requires.

SEC. 50. Common cups.—Individual drinking cups in sufficient number shall be supplied in all stations, and the use of common drinking cups is prohibited.

SEC. 51. Common towels.—The supplying of roller towels or other towels for common use in railway stations is prohibited.

SEC. 52. Combs and brushes.—The supplying of combs and brushes for common use in railway stations is prohibited.

SEC. 53. Toilet facilities.—All railway stations where tickets are sold shall provide adequate toilet facilities, of a design approved by the State department of health, for the use of patrons and employees; and there shall be separate toilets for each of the two sexes.

SEC. 54. Station toilets.—If a railway station is located within 300 feet of a public sewer, water-flushing toilets shall be installed and permanently connected with such sewer, and a washbasin or basins shall be located near the toilet and similarly connected; and such toilets and lavatories shall be kept in repair and in good working order at all times.

SEC. 55. Care of toilets.—All toilets installed as set forth in section 54 shall be cleaned daily by scrubbing the floors, bowls, and seats with soap and water.

SEC. 56. Odors in toilets.—When offensive odors appear in toilets which are not obliterated and removed by cleaning as in section 55, said toilets shall be treated with a 1 per cent solution of formaldehyde or other odor-destroying substance.

SEC. 57. Toilet supplies.—Toilets and wash rooms installed as set forth in section 54 shall be constantly furnished with an adequate supply of toilet paper, soap, and free or pay clean towels.

SEC. 58. Privies.—If no sewer connection is available as set forth in section 54, a sanitary privy of a design approved by the State department of health shall be maintained within a reasonable distance from the station. Such privy shall be adequately protected against the entrance of flies, shall be kept supplied with toilet paper, the seats shall be kept clean, and the vaults shall be treated with sodium hydrate or other approved disinfectant at least once in each week and shall be cleaned out and emptied at such intervals as will avoid the development of a nuisance.

SEC. 59. Drinking water and ice.—Drinking water and ice in railway stations shall be supplied in accord-

ance with sections 11, 12, 13, 14, and 15 of these regulations.

SEC. 60. Water not usable for drinking.—If water which does not conform to the standards set forth in section 11 of these regulations is available at any tap or hydrant or in a railway station, a notice shall be maintained on each such tap or hydrant which shall state in prominent letters, "Not fit for drinking."

SEC. 61. Drinking fountains.—If drinking fountains of the bubbling type are provided in any railway station, they shall be so made that the drinking is from a free jet projected at an angle to the vertical and not from a jet that is projected vertically or that flows through a filled cup or bowl.

SEC. 62. Refuse cans.—At all railway stations where there is an agent there shall be provided and maintained an adequate supply of open or automatically closing receptacles for the deposition of refuse and rubbish, and such receptacles shall be emptied daily and kept reasonably clean and free from odor.

SEC. 63. Cisterns, cesspools, etc.—All cisterns, water-storage tanks, and cesspools in or about railway stations shall be adequately screened against the entrance of mosquitoes, and all collections of surface water on station property shall be drained or oiled during the season of mosquito flight, to prevent the breeding of mosquitoes.

SEC. 64. Restaurants to be screened.—All restaurants and lunch rooms, or other places where food is prepared or served in a railway station, shall have doors and windows adequately screened against the entrance of flies during the season of flight of these insects; and all food on display or storage racks shall be adequately covered.

SEC. 65. Lavatories for restaurants.—A lavatory of easy and convenient access shall be provided for the use of employees in every restaurant or lunch room in

any railway station, and it shall be provided with an adequate supply of water, soap, and clean towels.

SEC. 66. Restaurant employees.—Restaurant employees who are engaged in the preparing or serving of food shall thoroughly cleanse their hands by washing with soap and water after using a toilet or urinal, and immediately before beginning service.

SEC. 67. Kitchen and table utensils.—All cooking, table, and kitchen utensils, drinking glasses, and crockery used in the preparation or serving of food or drink in railway restaurants or lunch rooms shall be thoroughly washed in boiling water and suitable cleansing material after each time they are used.

SEC. 68. Food containers.—Refrigerators, food boxes, or other receptacles for the storing of fresh food in railway restaurants or lunch rooms shall be emptied and thoroughly washed with soap and hot water and treated with a 1 to 3,000 solution of permanganate of potash or other approved deodorant at least once in each seven days that they are in use.

SEC. 69. Garbage.—Garbage cans in sufficient number, and with suitable tight-fitting covers, shall be provided in all restaurants and lunch rooms to care for all refuse food and other wastes; and such cans shall be emptied daily in an approved place and kept in a clean and sanitary condition.

SEC. 70. Restaurant inspection.—The manager, chief, or other person in charge of any railway restaurant or lunch room shall be responsible for compliance with all regulations pertaining thereto, and he shall make an inspection of the premises daily for the purpose of maintaining a rigorous cleanliness in all parts thereof.

SEC. 71. Station inspection.—The agent, manager, or other person in charge of any railway station shall be responsible for compliance with all regulations pertaining thereto, and he shall make, or have made by a

responsible person reporting to him, frequent inspections of the premises for the purpose of maintaining a rigorous compliance with all such regulations.

SEC. 72. Examination of food handlers.—No person shall be employed as a cook, waiter, or in any other capacity in the preparation or serving of food in a railway restaurant or lunch room who is known or suspected to have any dangerous communicable disease; and all persons so employed shall undergo a physical examination by a competent physician before being assigned to service, and before returning to work after any disabling illness, to determine their freedom from such diseases, and shall be immediately relieved from service if found to be so afflicted. There shall be a monthly medical inspection for dangerous communicable diseases. To determine persons afflicted with, or carriers of, typhoid fever, tuberculosis, dysentery, diphtheria, streptococcic sore throat, scarlet fever, gonorrhea, syphilis, etc., a laboratory examination shall be made if necessary.

VI. CONSTRUCTION CAMPS.

SEC. 73. Definition.—For the purposes of these regulations railway construction camps shall be considered to include all camps and similar places of temporary abode, including those on wheels, established by or for the care of working forces engaged in the construction, repair, or alteration of railway properties or parts thereof: *Provided*, That camps which are occupied by less than five people, or camps which are established to meet emergency conditions and are not occupied longer than five days shall not be included, except that section 90 of these regulations shall apply to them.

SEC. 74. General.—All camps shall be so located and so maintained as to be conducive to the health of their occupants and not to endanger the health of the pub-

lic; and all tents, houses, stables, or other structures therein shall be kept in a reasonably clean and sanitary condition at all times.

SEC. 75. Location.—Camps, except those on wheels, should be located on high, well-drained ground; any natural sink holes, pools, or other surface collections of water in the immediate vicinity should be drained and filled when the camp is first established; and all such water not subject to complete drainage should have the surface oiled at intervals of not more than seven days during the season of mosquito flight.

SEC. 76. Arrangement.—The general scheme of relations of the structures of a camp should be as follows: The kitchen should be located at one end of the camp; next to this should be the eating quarters, then the sleeping quarters, then the toilets for the men, then the stable, thus bringing the kitchen and the stable at opposite ends of the camp, which should be as far apart as is consistent with the natural topography and the necessity for convenient access.

SEC. 77. Water supplies.—All water supplies for camps shall be properly chlorinated, unless obtained from a source which has been approved by the State department of health.

SEC. 78. Water containers.—All drinking-water containers in camps shall be securely closed and so arranged that water can be drawn only from a tap, and said containers shall be kept clean and free from contamination.

SEC. 79. Garbage and refuse.—All garbage, kitchen wastes, and other rubbish in camps shall be deposited in suitably covered receptacles the contents of which shall be emptied and burned each day; and manure from the stables shall be likewise collected and burned each day, or disposed of in some other manner approved by the State department of health.

SEC. 80. Scavenger.—In all camps where there are 100 men or more there shall be 1 employee whose duty shall be to act as scavenger and garbage collector.

Sec. 81. Toilets.—Every camp shall have an adequate number of latrines and urinals, so constructed and maintained as to prevent fly breeding and the pollution of water, and the use of such latrines and urinals by the inhabitants of the camp shall be made obligatory. Latrines and urinals may consist of deep trenches covered with houses adequately screened against flies, or of any other type approved by the State department of health. They shall not be located within less than 200 feet of any spring, stream, lake, or reservoir forming part of a public or private water supply.

SEC. 82. Bathing facilities.—There shall be provided in all camps adequate bathing facilities for the use of the occupants thereof.

SEC. 83. Screening.—The kitchen, eating houses, and bunk houses of all camps shall be effectively screened against the entrance of flies and mosquitoes during the seasons of flight of these insects.

SEC. 84. Care to tableware.—All cooking, table, and kitchen utensils, drinking glasses, and crockery used in the preparation or serving of food or drink in camps shall be thoroughly washed in boiling water and suitable cleansing material after each time they are used.

SEC. 85. Food containers.—Refrigerators, food boxes, or other receptacles for the storing of fresh food in camps shall be emptied and thoroughly washed with soap and hot water and treated with a 1 to 3,000 solution of permanganate of potash or other approved deodorant at least once in each seven days that they are in use.

SEC. 86. Food and milk.—No soiled or tainted food, whether cooked or uncooked, shall be served in any

camp; and no milk or milk products shall be served unless the milk has been pasteurized or boiled.

SEC. 87. Examination of food handlers.—No person shall be employed as a cook, waiter, or in any other capacity in the preparation or serving of food in any camp who is known or suspected to have any dangerous communicable disease; and all persons so employed shall undergo a physical examination by a competent physician before being assigned to service, and before returning to work after any disabling illness, to determine their freedom from such diseases, and shall be immediately relieved from service if found to be so afflicted. There shall be a monthly medical inspection for dangerous communicable diseases. To determine persons afflicted with, or carriers of typhoid fever, tuberculosis, dysentery, diphtheria, streptococcic sore throat, scarlet fever, gonorrhea, syphilis, etc., a laboratory examination shall be made if necessary.

SEC. 88. Sick persons.—When an occupant of a camp becomes sick with a dangerous communicable disease, he should be immediately isolated and not released until declared by a proper health authority to be free from dangerous infection.

SEC. 89. Vermin.—It shall be the duty of some one appointed as caretaker of the camp to make regular weekly inspections of the occupants and premises in order to ascertain the presence of lice or other vermin. Persons found to be infested shall be required to bathe, and their clothing shall be boiled; and premises found to be infested shall be fumigated with sulphur or treated by some other effective vermin-destroying method.

SEC. 90. Abandoned camps.—When any camp is to be abandoned, all garbage, rubbish, and manure shall be collected and burned, the latrine trenches filled, and the grounds and buildings shall be left in a clean and sanitary condition.

SEC. 91. Duty to enforce regulations.—It shall be the duty of the superintendent, foreman, or other person in charge of a camp to see that all regulations pertaining thereto are faithfully complied with.

VII. OFFICES.

SEC. 92. Definition.—For the purposes of these regulations offices shall be considered to include all buildings or parts of buildings occupied or used as the offices, headquarters, or working spaces of the clerical, administrative, or executive forces of railways or other common carriers.

SEC. 93. Space.—All offices shall contain not less than 400 cubic feet of space for each occupant.

SEC. 94. Ventilation, heat, and light.—All offices when occupied shall be provided with an adequate supply of fresh air, heat, and light for the maintenance of healthful and comfortable working conditions. Any measures taken to assure continuous ventilation during working hours should be supplemented by the opening of doors and windows for at least five minutes before the beginning of morning and afternoon work periods and once during each of such periods. When artificial heat is necessary, the temperature should not exceed 70° F. Window space should be sufficient to allow of the use of natural sky light in all parts of offices during the brighter parts of the day, and when artificial lights are used they should be so arranged and shaded as to prevent direct glare.

SEC. 95. Cleaning.—All offices, together with the corridors, stairs, or passageways leading to them, shall be swept and dusted daily; and at intervals of not more than seven days the floors shall be scrubbed with soap and water, and the woodwork and furniture rubbed clean with a cloth moistened with water or oil. Cleaning shall not be carried on while offices are occupied by employees, except in offices which are occupied

continuously; and in such case sweeping may be done only after the floor has been sprinkled with wet sawdust or other dust-absorbing material, and dusting only with a cloth moistened with water or oil.

SEC. 96. Window cleaning.—Office windows shall be washed or otherwise cleaned at such intervals as will assure a free and uninterrupted flow of light to office interiors, and in no case shall such cleaning be less frequent than once in each month.

SEC. 97. Telephones.—Telephone earpieces and mouthpieces should be cleaned with soap and water at least once in each week.

SEC. 98. Spitting.—Spitting on the floors, walls, stairways, or other parts of offices or office buildings is prohibited.

SEC. 99. Cuspidors.—If cuspidors are provided in offices or office buildings they shall be cleaned daily, and oftener if their condition requires.

SEC. 100. Toilets.—All offices and office buildings shall be provided with adequate toilet and lavatory facilities of an approved sanitary type, conveniently located for the use of employees; and where members of both sexes are employed, separate toilets shall be maintained for each sex. Where a sewer is available, toilets shall be of the water-flushing type and permanently connected thereto.

SEC. 101. Care of toilets.—All toilets installed as set forth in section 100 shall be kept in repair and in good working order, and shall be cleaned daily by scrubbing the floors, bowls, and seats with soap and water. When offensive odors appear in toilets which are not obliterated and removed by cleaning as above set forth, said toilet shall be treated with a 1 per cent solution of formaldehyde or other odor-destroying substance.

SEC. 102. Toilet supplies.—Toilets and lavatories installed as set forth in section 100 shall be furnished

with an adequate supply of toilet paper, soap, and clean towels.

SEC. 103. Common towels.—The supplying of roller towels or other towels for common use in offices or office buildings of common carriers is prohibited.

SEC. 104. Combs and brushes.—The supplying of combs and brushes for common use in offices or office buildings of common carriers is prohibited.

SEC. 105. Common cups.—Individual drinking cups in sufficient number shall be supplied in the offices of common carriers, and the use of common drinking cups is prohibited.

SEC. 106. Drinking water and ice.—If the drinking water provided in offices or office buildings of common carriers is not obtained from an approved municipal supply, or is not distilled or otherwise sterilized before being used, it shall be subject to the conditions set forth in section 11 of these regulations. Ice used for cooling drinking water shall be subject to the conditions set forth in section 12 of these regulations; and drinking-water containers shall be subject to the conditions set forth in sections 13, 14, and 15 of these regulations.

SEC. 107. Drinking fountains.—If drinking fountains of the bubbling type are provided in the offices or office buildings of common carriers, they shall be so made that the drinking is from a free jet projected at an angle to the vertical, and not from a jet that is projected vertically or that flows through a filled cup or bowl.

SEC. 108. Lockers.—If lockers are supplied for the use of employees, they shall be kept clean and free from discarded clothing.

SEC. 109. Rest rooms.—A rest room shall be provided in all offices or office buildings of common carriers where 100 or more women are employed; and

such room is desirable where any smaller number of women are employed.

SEC. 110. Communicable diseases.—When an employee who is convalescent from a communicable disease reports for duty, such employee shall not be allowed to resume work until a satisfactory certificate or release from the health officer having jurisdiction has been secured stating that there is no remaining danger of his communicating disease to other people.

VIII. SHOPS.

SEC. 111. Toilet facilities.—All repair, constructing or other shops of common carriers shall be provided with adequate toilet facilities for the use of the employees; and if both men and women are employed, such facilities shall be separate for the two sexes. Where running water and sewers are available, all toilet fixtures shall be permanently connected thereto.

SEC. 112. Type of water-closets.—Water-closets should be of the individual bowl type with individual water seal; flush range closets shall not be used. The seats should be wood or other poor conducting material, and should be rendered impervious to water by coating with varnish or by other means. The seats should be of the cut-out-front type, or if closed in front, the openings should be at least 7 inches wide by 11 inches long.

SEC. 113. Closet inclosures.—The separate seats of water-closets shall be so inclosed as to secure privacy for the users. Between the seats there should be partitions about 6 feet high and 12 inches off the floor, and each inclosure should have a swinging door of proper height. Each inclosure should have not less than 10 square feet of floor space and not less than 100 cubic feet of air space, and the walls and partitions should be of light color to increase illumination and facilitate cleaning. The floors should be of tile or

concrete with a smooth surface and should be non-absorbent.

SEC. 114. Windows in toilet rooms.—All toilet rooms containing water-closets should be open to outside light and air. The minimum window space for a room containing one closet fixture should be four square feet, and for each additional fixture there should be an addition of two square feet of window space. Windows should be so arranged that they can be opened for affording free ventilation.

SEC. 115. Equipment of closets.—All closet inclosures shall be equipped with clothes hooks and with a plentiful supply of toilet paper with proper holder.

SEC. 116. Type of urinals.—Urinals should be of the vertical slab or the porcelain stall type with proper flushing; troughs or basins shall not be used for this purpose. There should be protection around urinals to secure privacy. The floor in front of the urinal should be impervious and nonabsorbent and should slope to drain.

SEC. 117. Care of closets and urinals.—All water-closets and urinals, together with the floors, bowls, and seats, shall be kept in a reasonably clean and sanitary condition at all times. They should be cleaned by scrubbing with soap and water daily, and when offensive odors develop which are not removed by such cleaning, they should be treated with a 1 per cent formaldehyde solution or other odor-destroying substance.

SEC. 118. Number of closets and urinals.—Closets should be installed in the proportion of 1 to each 25 employees on any one shift; and urinals should be installed in the proportion of one to each 50 male employees on any one shift.

SEC. 119. Location of closets and urinals.—Closets and urinals should be located as conveniently as pos-

sible to work. There should be a number of small installations rather than a few larger ones.

SEC. 120. Privies.—Where water and sewer connections are not available, sanitary privies of a type approved by the State department of health shall be provided, with a ratio of not less than 1 seat to each 25 employees on any one shift. They shall be adequately protected against the entrance of flies, and shall be kept in a clean and sanitary condition at all times. The vaults shall be treated with caustic soda or other approved disinfectant at intervals of not more than seven days, and shall be emptied at such intervals as will avoid the development of a nuisance.

SEC. 121. Wash rooms and lockers.—Ample washing facilities and locker space shall be provided for employees. If possible, wash rooms and locker rooms should be along the routes of employees when going from work, and so located as to avoid undue hazard or exposure to the weather in reaching them. They should be separated from toilet rooms by partitions or otherwise, and should open to outside light and air. Sufficient window space should be provided to afford adequate light and ventilation.

SEC. 122. Type of wash-room fixtures.—Facilities for washing should be either so constructed that the users must necessarily wash from a flowing stream or individual basins; and no large basins or troughs for common use should be installed. Both hot and cold water, delivered through a common discharge pipe, should be supplied to each fixture. Soap should be provided; and fixtures should be so spaced that a man can wash without splashing his neighbor.

SEC. 123. Finish of wash-room floors.—The floors of wash rooms should be of concrete or other nonabsorbent material and should slope toward central drains. The walls, ceilings, and partitions should be light in color to increase illumination and to facilitate cleaning,

and the rooms should be adequately lighted artificially so that no dark corners will exist.

SEC. 124. Lockers.—A locker or other provision for caring for a change of clothing shall be supplied for each employee who has a fixed place of work. Lockers should be elevated at least 4 inches off the floor, should be not less than 12 by 15 inches in floor dimensions, and should be ventilated by perforated doors or otherwise.

SEC. 125. Bathing facilities.—Shower baths shall be provided in the proportion of 1 to each 25 employees for all employees who work with lead, paint, or in very dusty or dirty places. They should be located adjoining locker rooms, should be inclosed so as to afford privacy, and should be supplied with hot and cold water delivered through a common discharge pipe. The floors should be of concrete or other non-absorbent material and should slope to a central drain.

SEC. 126. Caretakers.—There shall be caretakers in sufficient number responsible for the cleaning, supplying, and upkeep of toilets, wash rooms, and locker rooms.

SEC. 127. Lighting.—In all shops and parts of shops there shall be an adequate amount of light for the occupation or process being carried on therein; and the glare of direct light passing from unshaded sources directly to the eyes of workers should be avoided. Wherever shops are dependent upon window lighting, the glass shall be kept clean.

SEC. 128. Water supplies.—An adequate supply of drinking water, conveniently located for the use of employees, shall be supplied in all shops. If the drinking water provided is not obtained from an approved municipal supply, or is not distilled or otherwise sterilized before being used, it shall be subject to the conditions set forth in section 11 of these regulations. Ice used for cooling drinking water shall be subject to the conditions set forth in section 12

of these regulations, and drinking-water containers shall be subject to sections 13, 14, and 15 of these regulations.

SEC. 129. Drinking fountains.—If drinking fountains of the bubbling type are provided, they shall be so made that the drinking is from a free jet projected at an angle to the vertical, and not from a jet that is projected vertically or that flows through a filled cup or bowl.

SEC. 130. Common cups.—The use or supplying of drinking cups for the common use of employees is prohibited.

SEC. 131. Common towels.—The use or supplying of roller towels or other towels for the common use of employees is prohibited.

SEC. 132. Rest rooms.—A rest room shall be provided in all shops where 100 or more women are employed; and such room is desirable where any smaller number of women are employed.

SEC. 133. Communicable diseases.—When an employee who is convalescent from a communicable disease reports for duty, such employee shall not be allowed to resume work until a satisfactory certificate or release from the health officer having jurisdiction has been secured stating that there is no remaining danger of his communicating disease to other people.



THIS BOOK IS DUE ON THE LAST DATE
STAMPED BELOW

AN INITIAL FINE OF 25 CENTS

WILL BE ASSESSED FOR FAILURE TO RETURN
THIS BOOK ON THE DATE DUE. THE PENALTY
WILL INCREASE TO 50 CENTS ON THE FOURTH
DAY AND TO \$1.00 ON THE SEVENTH DAY
OVERDUE.

PUBLIC HEALTH LIBRARY

MAR 4 1957

FEB 19 1957

LD 21-100m-12,'43(8796s)

PUBLIC
HEALTH
LIBRARY

U.C. BERKELEY LIBRARIES



C029279386

